

FIGS. 4A, 4B, 4C, 5A, 5B and 5C show embodiments of the second configuration option where the loop forming device (e.g., 144 146 148) is outside the handle and the elongated element is comprised of a first cord 140, a loop 142 and a loop forming device. The first cord is attached to the loop 142 (or second cord) using a loop forming device (e.g., means).

FIG. 4A shows an embodiment where the elongated element is comprised of two or more cords. The loop forming device is comprised of cord couplers 144 146, 148. The cord 140 can be called a trunk cord. The unit has a loop 142 formed of a second cord. Additional loops can be attached to the trunk cord 140 using any suitable means, such as a hoop.

FIG. 4B shows another embodiment where the loop forming device is comprised of a snaphook 152 and hoops 158 160 162. Knots 163 and 164 form the hoops 158 160 163 in the cords. FIG. 4B shows a first loop 154 and a second loop 156 attached to a first (trunk) cord 150. The handle 10 is attached to the trunk cord 150. The loop 154 is preferably 1/8 inch nylon rope with an outer casing of plastic beads and a rubber portion at the bottom of the loop. The second loop 156 is preferably 1/8 inch nylon rope with an outer casing of plastic beads.

FIG. 4C shows another embodiment of the invention. FIG. 4C shows the loop forming device comprised of a detachable hoop 166. A first loop 168 and an optional second elongated element 170 are attached to the first cord 164. Knots 165 form hoops on the ends of the cords. Any loop forming devices could be used to form the loop and attach to or connect to other loops or elements. The loop 168 is preferably 1/8 inch nylon rope with an outer casing of plastic beads and a rubber portion at the bottom of the loop. The optional second elongated element 170 is preferably 1/8 inch nylon rope with an outer casing of plastic beads and a rubber portion at the bottom.

FIG. 5A shows an embodiment of the invention where the loop forming device is comprised of an annular element 174. The annular shaped piece 174 has holes that accept and attach to a portion of the elongated element. The elongated element can be comprised of one of more cords. FIG. 5A shows a first cord 172 and second cord 176 with first and second ends 177 178 that can form a loop. The second cord ends can have knots to attach to the annular element 174.

FIG. 5B shows an embodiment of the invention where the loop forming device is comprised of an annular element 174. The annular element 174 has holes that accept and attach to a portion of the elongated element. FIG. 5B shows the elongated first element comprised of one cord 180. The cord has knots 182 and 184 that attach the cord 180 to the annular element 174.

FIG. 5C shows an embodiment of the invention where the loop forming device is comprised of an annular element 188. FIG. 5C shows the elongated element comprised of three cords 190, 192 and 194. The trunk cord 190 is attached to the handle 10 and the ring 188 preferably using a knot 189. The first and second loops 192 194 are attached to the ring 188. The first loop 192 is attached to the ring 188 by knots 196. The second loop 194 is attached to the ring 188 by a detachable hoop 195. The first and second loops 192 194 can be attached to the ring 188 using any suitable connection device.

Third Configuration Option - Embodiments with loop forming device inside the handle

In a third configuration option (see e.g. FIGS. 9C and 6A), the loop forming device is inside the handle. FIGS. 6A, 6B, 6C, 7A, 7B, 7C, 7D show embodiments where the loop forming device is inside the handle (10). As shown in FIG. 6A, the loop forming device is inside the handle 10. Also see FIG. 6B for a cross sectional view of the handle and loop forming device in FIG. 6A. See FIG. 6C for another embodiment of the loop forming device in the handle. In these embodiments, each unit comprises: a handle 10 for gripping the unit; a first cord having a first and a second end; the first cord attached to the handle to form a first loop.

FIG. 6A shows an embodiment of the invention where the loop forming device is located inside the handle 10. FIG. 6A shows that two portions of the cord 198 are attached to the handle thereby forming a loop.

FIG. 6B shows a cross sectional view of that handle where the loop forming device is inside handle 10. FIG. 6B shows the loop forming device comprised of a cord coupler 204. The cord coupler is preferably comprised of lipped or flanged metal. The handle also has an optional ball bearing 206 or washer, not shown, around the two cord portions 210 and 208. A soft outer shell 16 such as foam rubber can cover portions of the handle 10. The handle 10 can

1 be comprised of a first (upper) piece 200 that can have an external thread and a second (lower)
2 piece 202 that can have an internal thread that can be screwed together.

3 FIG. 6C shows another cross sectional view of the handle 10 (200 202) where
4 a washer 214 has two holes through which two cord portions pass. The cord portions can be
5 secured by a cord coupler 216 or any suitable device. The washer provides an unexpected
6 superior connection that allows the cords to rotate and provides a superior simulation of rope
7 jumping.

8 FIG. 6D shows another embodiment where two loops 218 220 are attached to
9 the handle using attachment means shown in FIG. 5B or Fig 5C. The loops could be formed from
10 one or more cords. For example, loop 218 could be formed from one cord and loop 220 could be
11 formed from another cord. The loops 220 218 could be formed by any suitable loop forming
12 device. FIG. 6D shows metal cord couplers 222.

13 FIG. 7A shows yet another embodiment similar to that shown in FIG. 6A.
14 FIG. 7A shows an important embodiment of the invention where the loop forming device is
15 preferably located inside the handle 10. FIG. 7A shows that two portions 208 210 of the cord 198
16 are attached to the handle thereby forming a loop. In an alternative embodiment, the two cord
17 portions could pass entirely through the handle 10 and be attached to the handle on the outside
18 end of the handle.

19 FIG. 7A shows tubular elements 224 around a portion of the elongated
20 element 198. In this embodiment, the elongated element 198 is preferably 1/8 inch nylon rope.
21 The tubular elements 224 provide an outer casing. The tubular elements are preferably comprised
22 of beads or plastic beads. The tubular elements 224 can provide weight or air resistance and
23 protection to the user. These tubular elements allow the weight and wind resistance of the units
24 to be adjusted. FIG. 7A shows a soft cushion element 226 covering a portion of the cord 198,
25 preferably at the bottom of the loop. The soft cushion element 226 can be one piece or many
26 pieces.

27 FIG. 7B shows a cross sectional view of that handle where the loop forming
28 device is inside the handle 10. FIG. 7B shows the loop forming device comprised of a knot 230.
29 The handle also has a washer 232 around the two cord portions 210 and 208. A soft outer shell
30 16 such as foam rubber can cover portions of the handle 10. The handle 10 can be comprised of